

Jessica-Lauren Roberts,MA, RD, LD, IBCLC



Jessica-Lauren Roberts Newby received her Bachelor of Human Environmental Sciences in Human Nutrition and Hospitality Management while simultaneously completing the Coordinated Program in Dietetics at the University of Alabama in 2008. She received her Master of Arts in Health Studies in 2010 while at the University of Alabama Recreation Center as a graduate assistant in research and fitness providing nutrition services as a wellness dietitian. She moved to Auburn in August of 2010 to pursue her doctorate in nutrition and exercise. She completed the Commission on Dietetic Registration's Certificate in Adult Weight Management in June of 2011 and became an International Board Certified Lactation Consultant in July of 2011. She is currently employed as the Registered Dietitian/Nutritionist for Auburn University students, faculty, and staff by Campus Recreation and Wellness where she assists her clients with grocery shopping, meal planning, weight management, food allergies, gastrointestinal issues, disease prevention, fertility issues, and eating disorder recovery. Additionally, she mentors and precept undergraduate and graduate students in Auburn University's nutrition/dietetics program. She has been a guest speaker at numerous conferences and events across the state of Alabama. She has served on the Office of Women's Health Steering Committee since 2010. She serves as the Alabama Dietetic Association liaison for the Office of Women's Health and the Student Engagement Chair for the Alabama Obesity Task Force. She believes everyone has a health potential and everyone deserves to be empowered with the knowledge to reach it. Her favorite presentation topics include women's health, health at every size, eating disorder recovery, pre-natal and post-natal nutrition, breastfeeding, and finding balance.